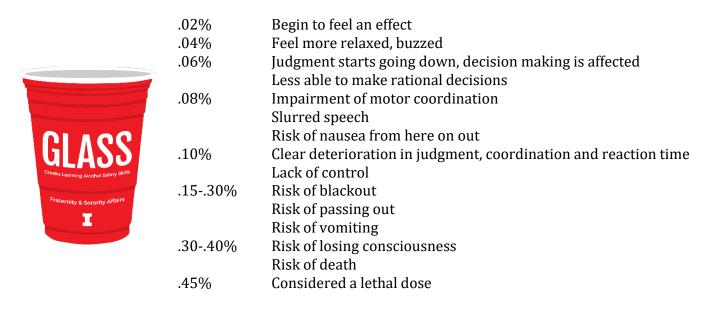
# **Blood Alcohol Content (BAC) and its Effects**

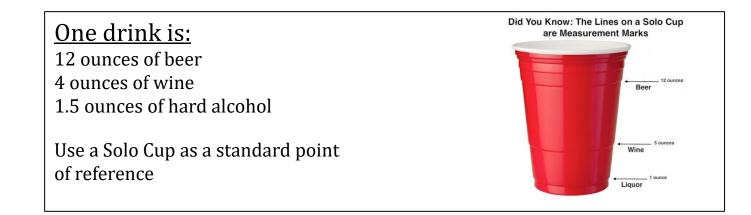
Alcohol gets absorbed into the blood, resulting in a rising blood alcohol level, or BAL. As a depressant to the central nervous system, it slows down things like reaction time, coordination, and at high doses, even breathing and heart rate.

The effects *typically* seen at different levels are as follows:



These effects occur for people who have not developed a high tolerance for alcohol. For people with a tolerance, these effects may not occur until higher levels of intoxication, <u>even though the person's BAC is the same</u>. Essentially, tolerance means needing more alcohol to get the same effect a person used to achieve with lower levels of alcohol. Tolerance reduces the pleasurable effects of alcohol and makes drinking more expensive.

Remember that if you are under 21, it is still illegal to drink, no matter your BAC level. For those over 21, a BAC over 0.08% is considered legally drunk. Because of reaction time impairment, drinking and driving is never a good idea. <u>You can still get a DUI if your BAC is under 0.08%</u>.



#### 120 lb. Man

120 10. 101011						
Number	Number of Hours					
of						
Drinks	1	2	3	4	5	6
1	.015	0	0	0	0	0
2	.047	.031	.015	0	0	0
3	.078	.062	.046	.030	.014	0
4	.109	.093	.077	.061	.045	.029
5	.140	.124	.108	.092	.076	.060
6	.172	.156	.140	.124	.108	.092
7	.203	.187	.171	.155	.139	.123
8	.234	.218	.202	.186	.170	.154
9	.265	.249	.233	.217	.201	.185
10	.297	.281	.265	.249	.233	.217
11	.328	.312	.296	.280	.264	.248
12	.359	.343	.327	.311	.295	.279

#### 140 lb. Man

Number	Number of Hours					
of Drinks	1	2	3	4	5	6
1	.011	0	0	0	0	0
2	.038	.022	.006	0	0	0
3	.064	.048	.032	.016	0	0
4	.091	.075	.059	.043	.027	.011
5	.118	.102	.086	.070	.054	.038
6	.145	.129	.113	.097	.081	.065
7	.172	.156	.140	.124	.108	.092
8	.198	.182	.166	.150	.134	.118
9	.225	.209	.193	.177	.161	.145
10	.252	.236	.220	.204	.188	.172
11	.279	.263	.247	.231	.215	.199
12	.305	.289	.273	.257	.241	.225

## 160 lb. Man

Number of	Number of Hours					
Drinks	1	2	3	4	5	6
1	.007	0	0	0	0	0
2	.031	.015	0	0	0	0
3	.054	.038	.022	.006	0	0
4	.078	.062	.046	.030	.014	0
5	.101	.085	.069	.053	.037	.021
6	.125	.109	.093	.077	.061	.045
7	.148	.132	.116	.100	.084	.068
8	.172	.156	.140	.124	.108	.092
9	.195	.179	.163	.147	.131	.115
10	.218	.202	.186	.170	.154	.138
11	.242	.226	.210	.194	.178	.162
12	.265	.249	.233	.217	.201	.185

## 180 lb. Man

Number	Number of Hours						
of							
Drinks	1	2	3	4	5	6	
1	.005	0	0	0	0	0	
2	.026	.010	0	0	0	0	
3	.047	.031	.015	0	0	0	
4	.067	.051	.035	.019	.003	0	
5	.088	.072	.056	.040	.024	.008	
6	.109	.093	.077	.061	.045	.029	
7	.130	.114	.098	.082	.066	.050	
8	.151	.135	.119	.103	.087	.071	
9	.172	.156	.140	.124	.108	.092	
10	.192	.176	.160	.144	.128	.112	
11	.213	.197	.181	.165	.149	.133	
12	.234	.218	.202	.186	.170	.154	

#### 200 lb. Man

200 15. 141411							
Number	Number of Hours						
of							
Drinks	1	2	3	4	5	6	
1	.003	0	0	0	0	0	
2	.022	.006	0	0	0	0	
3	.040	.024	.008	0	0	0	
4	.059	.043	.027	.011	0	0	
5	.078	.062	.046	.030	.014	0	
6	.097	.081	.065	.049	.033	.017	
7	.115	.099	.083	.067	.051	.035	
8	.134	.118	.102	.086	.070	.054	
9	.153	.137	.121	.105	.089	.073	
10	.172	.156	.140	.124	.108	.092	
11	.190	.174	.158	.142	.126	.110	
12	.209	.193	.177	.161	.145	.129	

## 220 lb. Man

Number	Number of Hours						
of						I	
Drinks	1	2	3	4	5	6	
1	.001	0	0	0	0	0	
2	.018	.002	0	0	0	0	
3	.035	.019	.003	0	0	0	
4	.052	.036	.020	.004	0	0	
5	.069	.053	.037	.021	.005	0	
6	.086	.070	.054	.038	.022	.006	
7	.103	.087	.071	.055	.039	.023	
8	.120	.104	.088	.072	.056	.040	
9	.137	.121	.105	.089	.073	.057	
10	.154	.138	.122	.106	.090	.074	
11	.172	.156	.140	.124	.108	.092	
12	.189	.173	.157	.141	.125	.109	

## 240 lb. Man

Number	Number of Hours						
of							
Drinks	1	2	3	4	5	6	
1	0	0	0	0	0	0	
2	.015	0	0	0	0	0	
3	.031	.015	0	0	0	0	
4	.047	.031	.015	0	0	0	
5	.062	.046	.030	.014	0	0	
6	.078	.062	.046	.030	.014	0	
7	.093	.077	.061	.045	.029	.013	
8	.109	.093	.077	.061	.045	.029	
9	.125	.109	.093	.077	.061	.045	
10	.140	.124	.108	.092	.076	.060	
11	.156	.140	.124	.108	.092	.076	
12	.172	.156	.140	.124	.108	.092	

#### 260 lb. Man

Number	Number of Hours						
Number	Number of Hours						
of							
Drinks	1	2	3	4	5	6	
1	0	0	0	0	0	0	
2	.013	0	0	0	0	0	
3	.027	.011	0	0	0	0	
4	.042	.026	.010	0	0	0	
5	.056	.040	.024	.008	0	0	
6	.071	.055	.039	.023	.007	0	
7	.085	.069	.053	.037	.021	.005	
8	.099	.083	.067	.051	.035	.019	
9	.114	.098	.082	.066	.050	.034	
10	.128	.112	.096	.080	.064	.048	
11	.143	.127	.111	.095	.079	.063	
12	.157	.141	.125	.109	.093	.077	